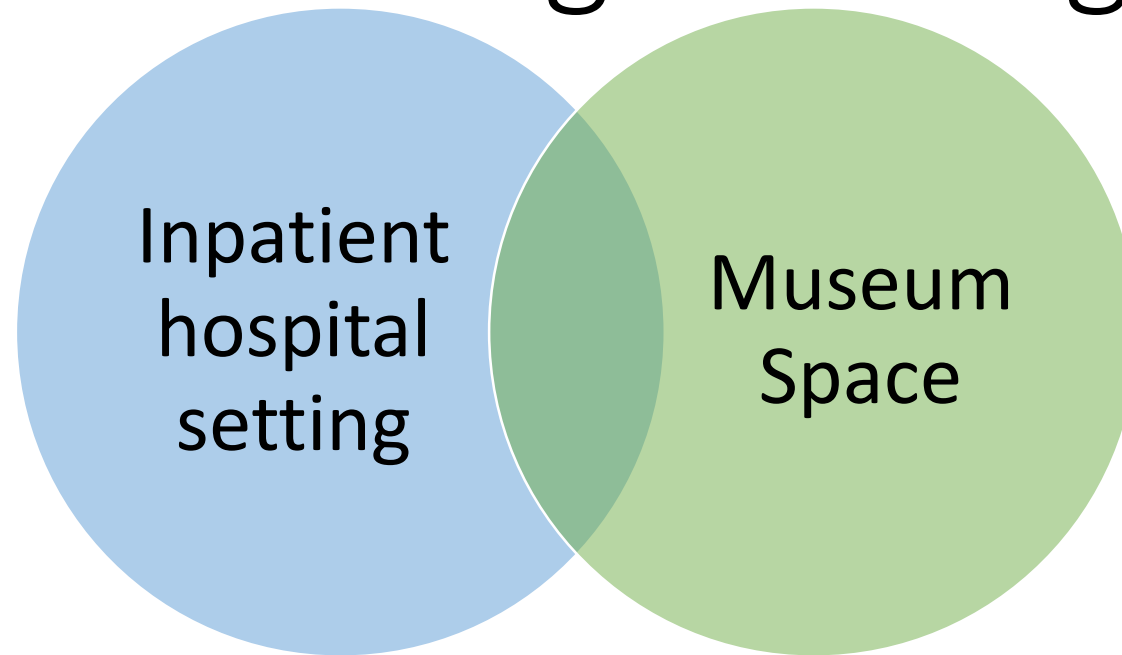


Between Spaces: Museums & Mental Wellbeing in Young People



Adolescent Lives: Challenges and Opportunities Workshop
11^h October 2018

Dr Humera Iqbal, Dr Katie Quy, Professor Paula Reavey & Dean Veall

[Twitter: @HumeraIqbal1 @IOE_TCRU](#)

Child mental health referrals up 26% in five years, says report

By Oliver Newlan
BBC 5 live Investigates

7 October 2018

     Share



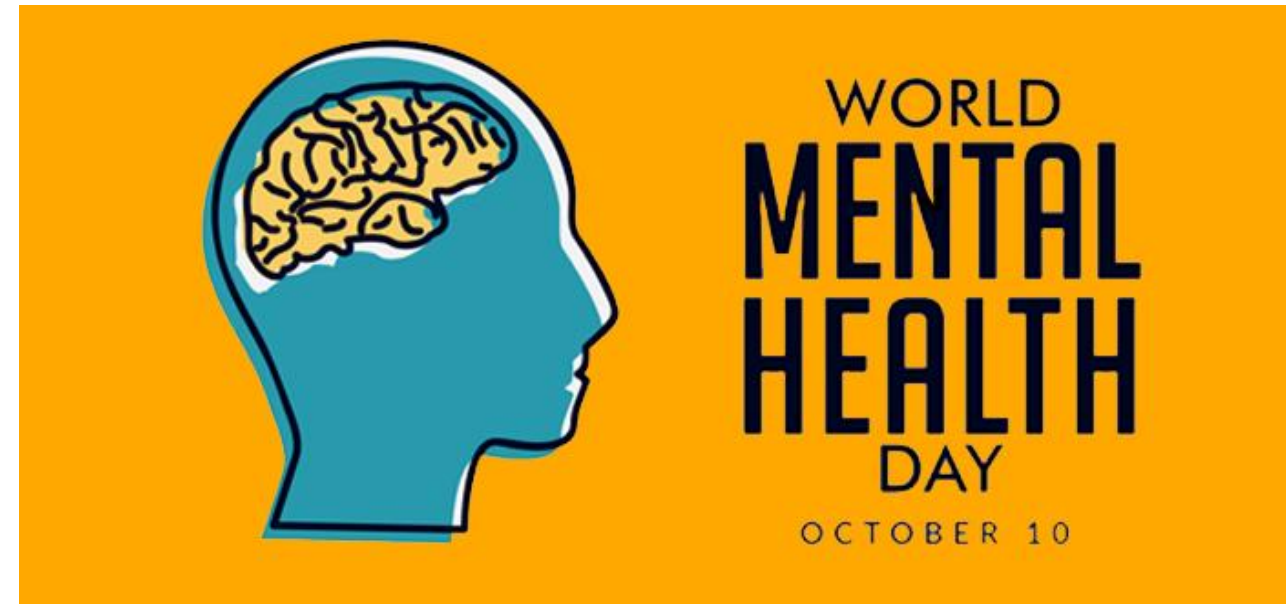
GETTY IMAGES

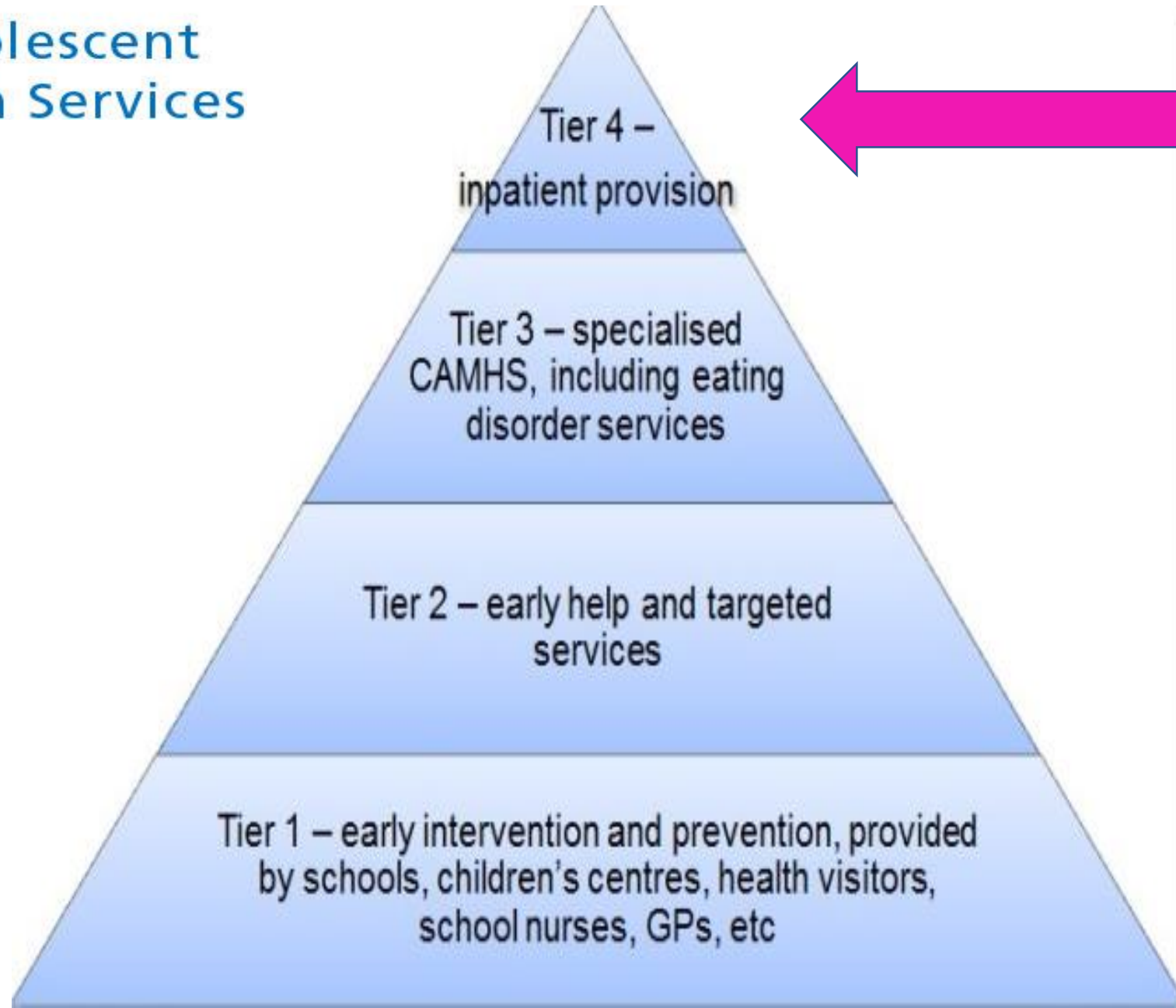
The number of referrals to Camhs has increased by over a quarter in five years, according to a report

The number of referrals to child and adolescent mental health services in England has increased by 26% over the past five years, Education Policy Institute (EPI) research suggests.

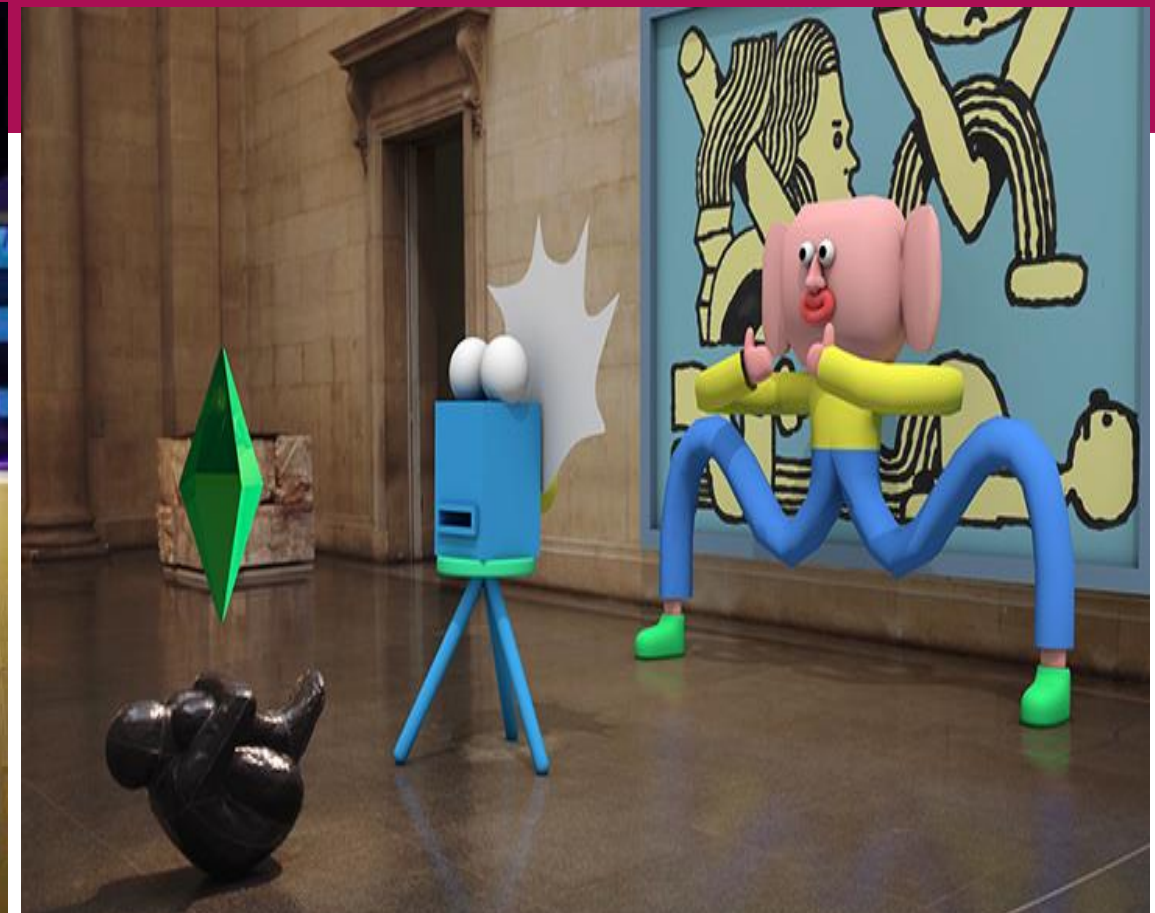


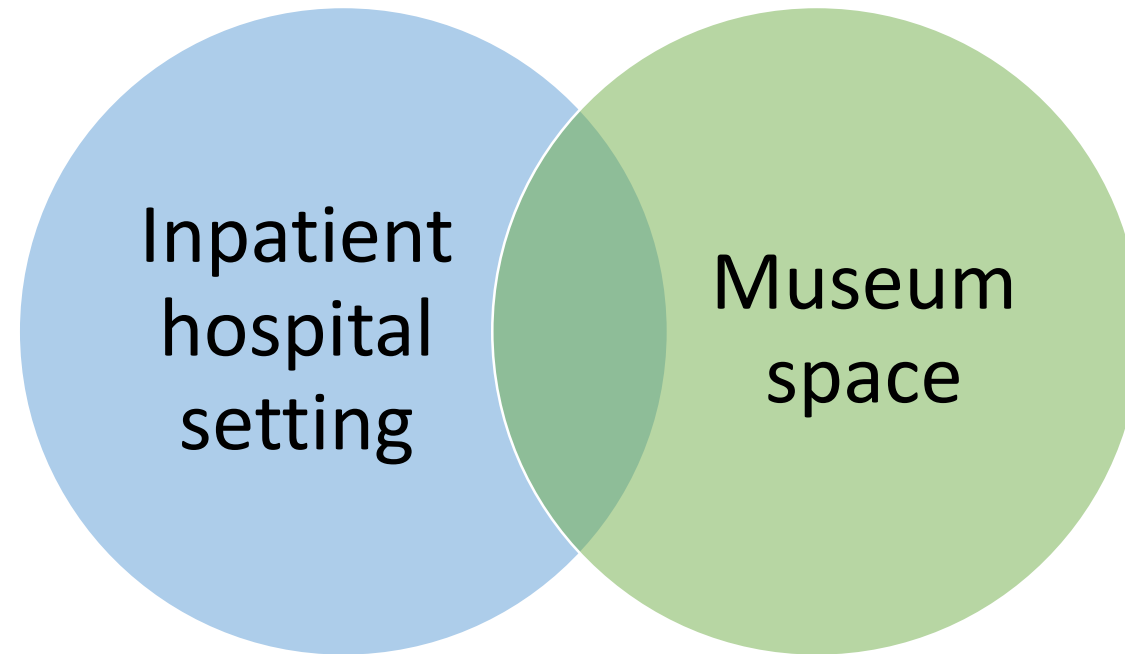
World Mental Health Day: PM appoints suicide prevention minister





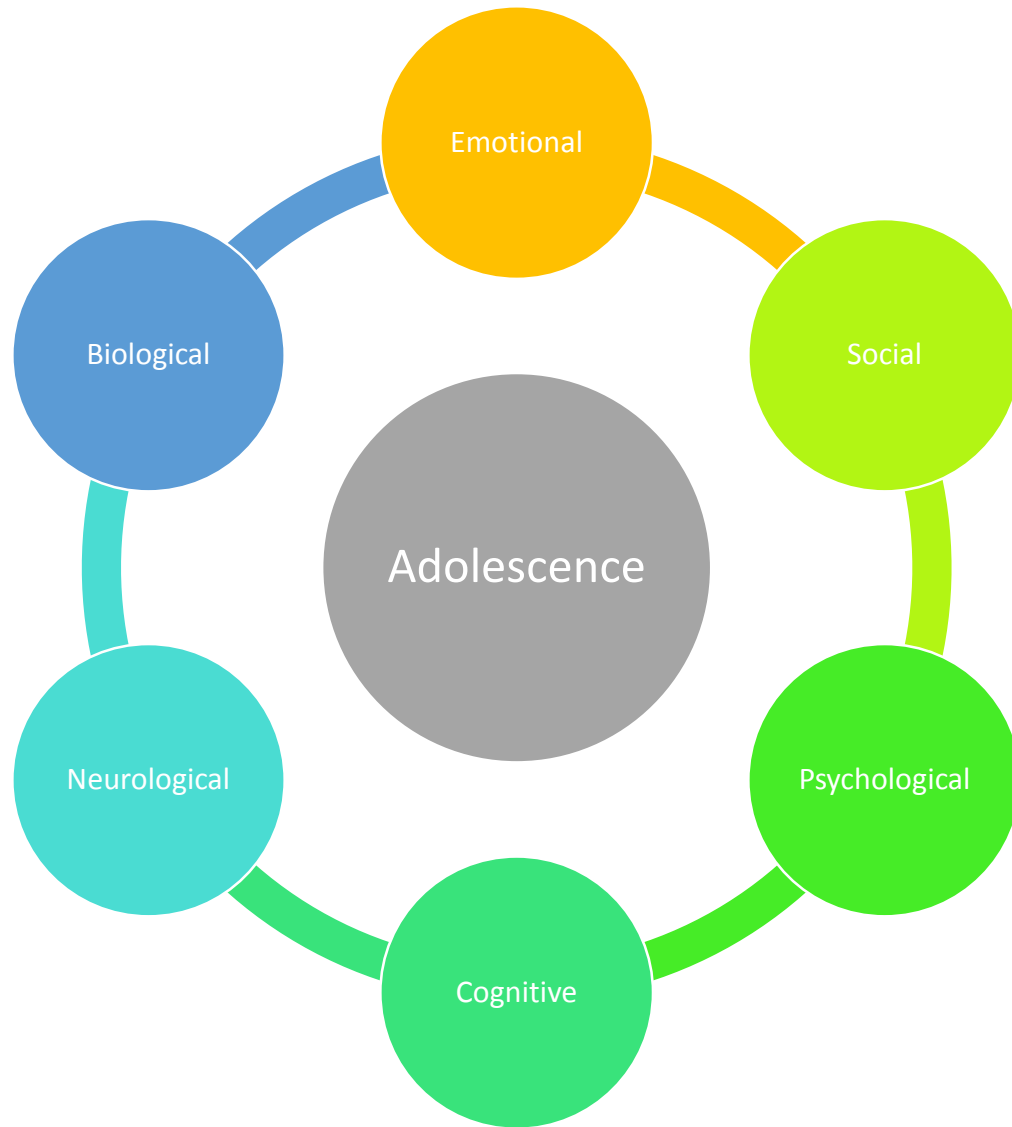






Broadly: How can we foster a sense of belonging in young people with mental health needs a) to wider society (connection to outside world) b) within the unit as a space of wellbeing?

Exploratory: Can museum based practices facilitate discussions with adolescents experiencing mental health difficulties with issues relating to identity, memory, belonging and wellbeing?



Identity formation

Transitions

Belonging

Mental Health

Can museum activities help create discussions with young people experiencing mental health difficulties around topics like identity, memory, belonging and wellbeing?

Inpatient
hospital
setting

Museum
space

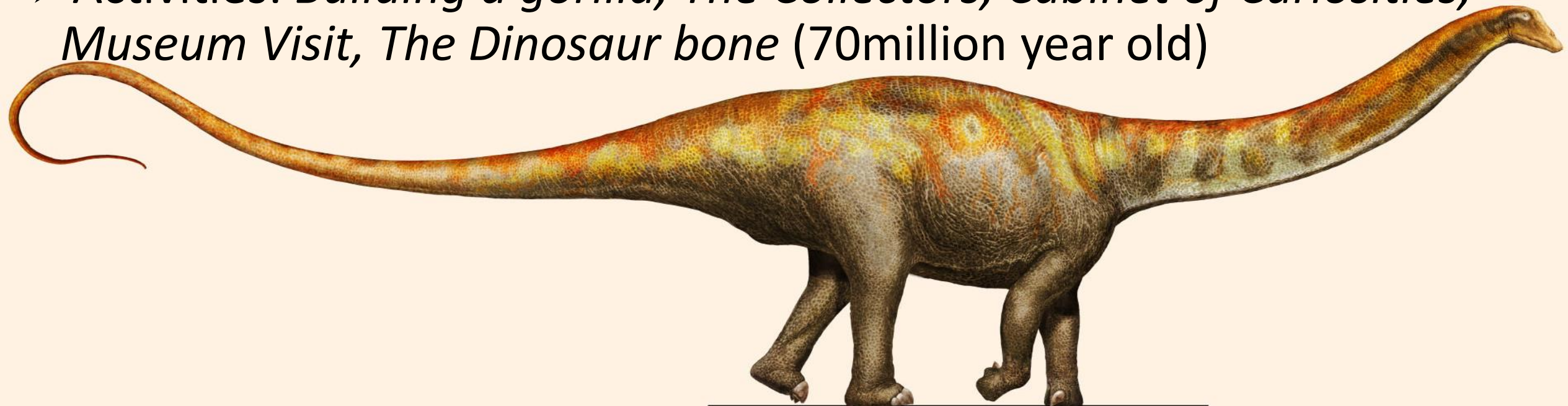
UCL Grant Museum of Zoology (68, 000 specimens)

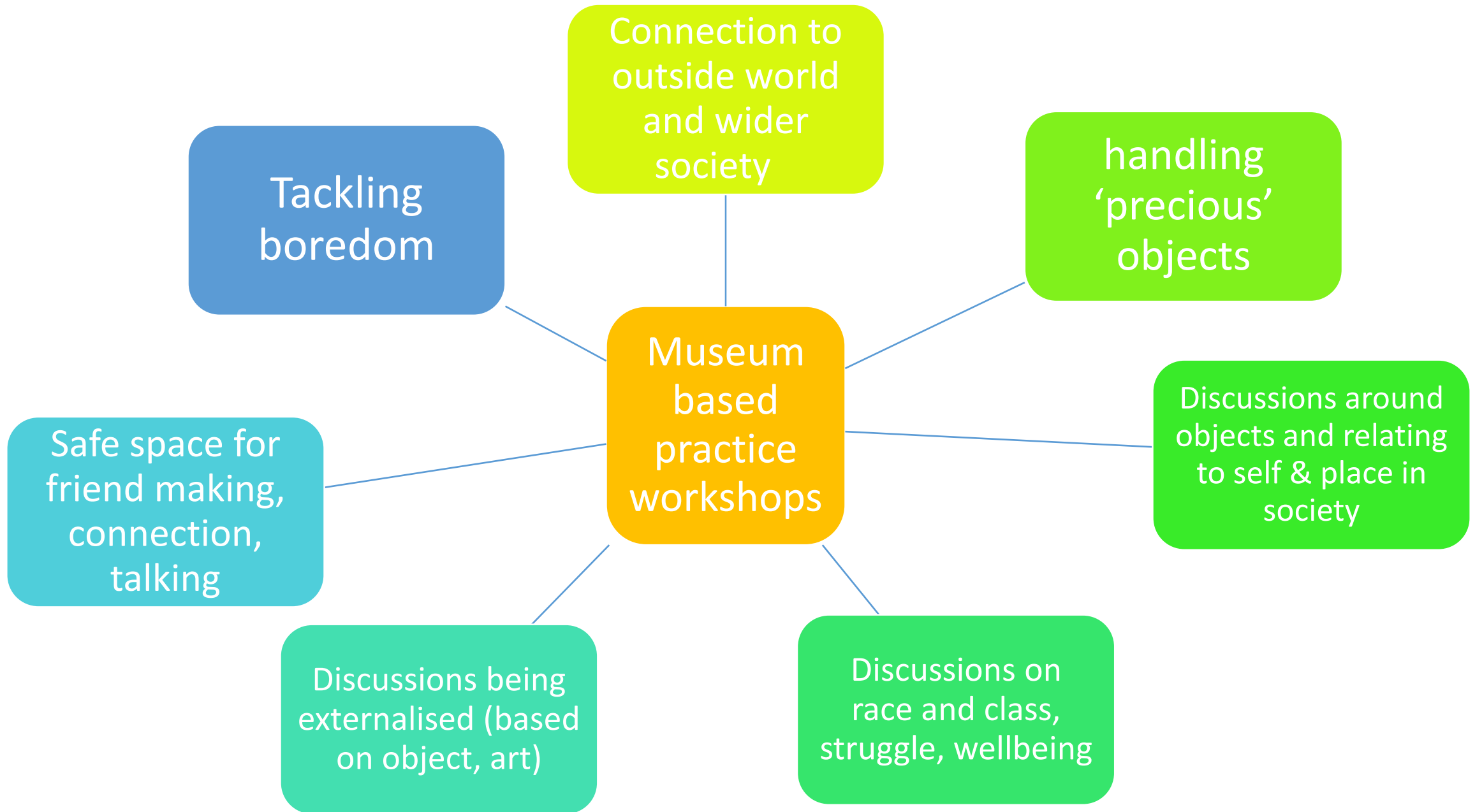
Museum based practice (Dean Veall):

- 3 Workshops (2 in inpatient unit, 1 at the Museum)
- Interviews with museum staff, theatre groups
- Detailed review of the research done before



- Young people as co-researchers: 'Cultural Engagement- what it means, how we can improve it'
- Museum based practice used: **object handling & art appreciation**
- Activities: *Building a gorilla, The Collectors, Cabinet of Curiosities, Museum Visit, The Dinosaur bone (70million year old)*





Meeting prep Dialogue

WW1 museum - emotional response - question + prior interest

Dulwich. Book Museum. Didn't like like. Liked.

Didn't actually tell a story - Personal interests like a parking lot

Homomon Museum WW2 Belgium

Evolve Transport Museum

Lots of information Creative ways to display

Friends holiday

HM

Tate Modern - at ways to see. Change - something need to see. Recreated tubes allowed to see. Boring display - see


Never and

Digital not good.

School trips

tourism

National Portrait Gallery



What I like doing...

Gigs - like minded people your age. good time

Music - express how I feel. DG

Going to the cinema - more in massive

TV - Boring

Cooking tiring. M. in gen. M.

Reading EH. M.M. LB

Theatre - props + sets. Clever sets. appreciate the skills. Watching TV. Use it as background.

Painting / making art. Prefer to people visualise.

How someone expresses their thoughts - want to know games. part of a game. narrative. interacting with a story. Science behind cooking

Museums depending on the collection.

What I don't like doing... Is sport culture

George Grote

Amelia Edwards

Robert Edmond Grant

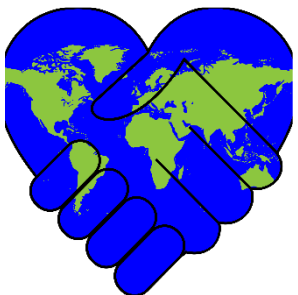
Albert Ehrhart

'Adolescent mental health crisis'

Service cuts in CAHMS



Non- therapeutic Interventions can work- seen as 'safer' to attend; open space to talk, (Colbert et al. 2013)



Scaffolding positive identity formation, diminishing the stigmatising effects of inpatient admission (link to the outside), promoting accrual of cultural capital and wellbeing in young 'service users' across social class, encouraging friendship (Parnell & Rooney, forthcoming)



Museum Outreach- Support for cultural practitioners; wider outreach? ; measurement